



Healthy Holiday Eating Tips

Thinking about delicious roasted turkey, stuffing, mashed potatoes, rolls, cranberry sauce, or pumpkin pie? You know it is that time of year! [Thanksgiving](#) is just around the corner and you get excited about preparing and enjoying a feast with your family and friends. While it is easy to eat more than what we need, you can still succeed at enjoying tasty food with out over-indulging. Here are some tips for you below:

Have breakfast: Don't skip breakfast to save up more space for a Thanksgiving feast. Research shows that people who skip breakfast tend to overeat later in the day. Having a light [breakfast](#) may help keep your appetite in check at the Thanksgiving table.

Use healthy ingredients: Use vegetables and fruits including apple, pumpkin, carrots, and mushrooms to stuff your turkey instead of stuffing with animal fat or butter; try using Greek yogurt to replace half the butter in your mash potatoes. It can actually make them even creamier! Top with fresh chopped chives for even more flavor. Try making [biscuits](#) with whole grains!

Fill half of your plate with vegetables and fruits: Start your meal with your favorite vegetables and fruits! Fill half your plate with vegetables including butternut squash, green beans, [pumpkins](#), and fruits including [homemade cranberry sauce](#) or baked apples.

Eat slowly: Remind your kids eat slowly and enjoy each delicious bite! This increases awareness of the food they are eating, to help keep portion sizes in check.

Parent Power Tips from the SuperKids Nutrition Founder

Staying active during the busy holiday season can be a little bit challenging as the weather is getting colder. Getting your exercise in doesn't necessarily mean you've got to hit the gym. Remember, any movement is good. Make at-home workouts a family trend and find some fitness routine that works for you! Yoga. Core. Belly dancing. There are endless apps, and programming through your TV subscription services!

- Schedule it in on your calendar, adding fitness to your daily to-do-list, or creating a fun reward system for family participation. If it's helpful, create a sense of routine by consistently working out as a family.
- Try jumping rope for 60 second intervals with a 60-second break in between. Think it's easy? You will be shocked by how tough it is to get through five of these intervals.
- Create a hula hoop contest. They have weighted hula hoops to up your exercise level. See which family member can hoop the longest!
- Take a walk after dinner with your kids around your neighborhood and [keep track of your fitness](#).
- Make a plan to stay active during Thanksgiving. Ask your kids to create a game he or she likes or create a scavenger hunt using holiday day themes.



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